

## **Support for At-Risk Children**

### **Brief Program Description**

The goal of the University of Oregon project on Substance Abuse Prevention in Preschool: Support for At-Risk Children (Project STAR) is to develop and investigate the effectiveness of a series of ecological, multidimensional interventions in impacting variables in the preschool years that are predictors of substance abuse. Project STAR developed and investigated the effectiveness of interventions designed to facilitate social competence, self-regulation, cognitive development and school bonding, and caregiver involvement. The program targets four-year old children enrolled in Head Start classrooms. There were three components of the Project STAR intervention: 1) Classroom-based intervention implemented by Head Start classroom teachers with training and coaching by Project STAR teacher consultants, 2) Parent Education and Support Groups conducted jointly by Project STAR staff and Head Start Family Advocates, and 3) Individualized Home Visiting conducted by Project STAR Home Visitors. The Classroom-based intervention curriculum provided training to Head Start classroom teachers in promoting children's social competence, self-regulation, language and early literacy skills. It also consisted of group activities for directly teaching critical skills within classroom circle times. The Parent Education and Support component provided training and support on parenting and caregiver involvement to families of Head Start children. The Individualized Home Visiting curriculum provided follow-up support to families on each of the risk factors targeted by this project. Significant intervention effects were evident at the end of preschool on Caregiver Involvement and School Bonding. Caregiver Involvement effects were maintained a year later, after the kindergarten year. Additionally, significant effects were found for Social Competence. No significant intervention effects were found for Self Regulation.

### **Contact Information**

For indepth information on this program, please use the contact listed below.

#### **Program Developer**

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